

Carrot Raisin Salad

Makes: 4 servings

This easy and healthy side salad has a sweet and tangy flavor. Make it ahead of time and serve it chilled.

Ingredients

4 carrot (medium, peeled and grated)

1/4 cup raisins

2 teaspoons sugar

1 lemon, juiced

Directions

1. In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon juice.
2. Serve chilled.

Notes

Learn more about:



- [Carrots](#)
- [Citrus Fruits](#)

Source: University of Wyoming, Cooperative Extension, Cent\$ible

Nutrition Information

| Nutrients | Amount |
|-----------------------------|--------------|
| Calories | 63 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 43 mg |
| Total Carbohydrate | 16 g |
| Dietary Fiber | 2 g |
| Total Sugars | 11 g |
| Added Sugars included | 2 g |
| Protein | 1 g |
| Vitamin D | 0 IU |
| Calcium | 26 mg |
| Iron | 0 mg |
| Potassium | 278 mg |
| N/A - data is not available | |

MyPlate Food Groups

| | |
|--|---------|
|  Fruits | 1/4 cup |
|  Vegetables | 1/2 cup |